Canada Food Guide Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reference: Canada’s Guide to Healthy Eating found online at: <http://www.has.uwo.ca/hospitality/nutrition/pdf/foodguide.pdf>

Answer the following questions in the space provided.

1. What age group do you fall into according to the food guide: \_\_\_\_\_\_\_\_\_\_\_\_\_
2. How many servings from each food group should you consume each day?
   1. Veggies and fruits\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Grain Products\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. Milk and alternatives \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   4. Meat and alternatives \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. If you don’t like milk, would be a good idea to eat double quantities of fruit to make up for it? Explain.
4. Describe the four (4) recommendations for including oils and fats in your diet.
5. Give at least three (3) examples of meat alternatives
6. Approximately how many of your grain products should be whole grain? Give at least five (5) examples of whole grain foods.
7. What colours of vegetables should be eaten everyday?
8. If you don’t drink milk, what beverages could be substituted in its place?
9. What two nutrients do women of child-bearing age need to take as a multivitamin?
10. List the six (6) benefits of eating well and being active.
11. How many minutes of daily physical activity should children and youth be getting?
12. What types of foods should be limited in your diet? (List at least 3)
13. Go to the website below and complete your food guide.

<http://healthycanadians.gc.ca/eating-nutrition/food-guide-aliment/my-guide-mon-guide/mfg_p1-eng.php>

Once you are finished, click the PDF button and print out your food guide. Put your name on it and hand it in.